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(71) Applicant: NARIS COSMETICS CO LTD

(72) Inventor: TANAKA HIROSHI

(54) IgE PRODUCTION INHIBITOR**(57) Abstract:**

PROBLEM TO BE SOLVED: To obtain an IgE production inhibitor which enables the prevention or treatment of allergic inflammations by inhibiting the IgE production.

SOLUTION: A cosmetic or food characterized by compounding the IgE production inhibitor comprising one or more kinds of the group consisting of catechins and/or glucosides thereof, flavones and/or glucosides thereof, flavonols and/or glucosides thereof, flavanones

and/or glucosides thereof, isoflavones and/or glucosides thereof, coumarins and/or glucosides thereof, mushrooms belonging to the genus-garicus, extracts of plants belonging to the genera Vitis, Plantago, Linum, Sinapis, Carthamus, Perilla, Gossypium, Ricinus, Oenothera, Eucalyptus, Bellis, Gnaphalium, Arctostaphylos, Euphrasia, Lythrum rosemary, camellia Banzakuro (a sort of pomegranate), Sentol, or the like, and red wine dried powder.

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